

# **Adaptive Sailing**

## **Description:**

Sailing provides opportunities for participants to experience the exhilaration of the open sea and fresh air. Sailing requires the changing of the rigging and rudder on a boat to change the direction and speed of the boat. The boat is moved by wind against the sails. Sailing gives patients the opportunity to work on their balance and learn new skills.

## **Expected Group Outcomes:**

- Build self-esteem
- Improve life outcomes through sailing
- Increase skills and capability
- Increase balance and trunk control
- Increase community reintegration
- Increase adjustment to disability

## **Participant Criteria:**

- Must be a Rancho Wellness Center members or currently Peer Mentors or Life Coaches with the Know Barriers program
- Must be able to provide own transportation to the location
- Must be able to transfers independently or with supervision
- Must be independent with self-care

## **Group Size:**

Maximum 13 participants

## **Cost Per Participant:**

\$10/person

## **Activity Waivers/Paperwork required (if applicable):**

- Wellness Program Waiver
- Rancho Waiver of Liability

## **Frequency per Month:**

Occurring once per month

## **Contact Info:**

### **U.S. Sailing Center**

5489 E. Ocean Blvd,  
Long Beach, Ca 90803  
(562) 433-7939

[www.ussclb.org](http://www.ussclb.org)

# Adaptive Sailing Pictures

